Easy Thai Noodles

I love Thai food but don't go out to restaurants for it much anymore because it's hard to avoid all the added fat. Here are some easy thai noodles I make about once a week. This one has the great flavor without the fuss or the fat.

From *The Forks Over Knives Plan*

https://www.youtube.com/watch?v=erZyAnkWSpI

By Del Sroufe

Makes about 7 cups
Cook Time: 30 minutes

INGREDIENTS:

8 ounces brown rice noodles or other whole-grain noodles

3 tablespoons low-sodium soy sauce, or to taste

2 tablespoons brown rice syrup or maple syrup

2 tablespoons fresh lime juice (from 1 to 2 limes)

4 cloves garlic, minced

1 (12-ounce) package frozen Asian-style vegetables (about 3 cups)

1 cup mung bean sprouts

2 green onions, white and light green parts chopped

3 tablespoons chopped, roasted, unsalted peanuts

¼ cup chopped fresh cilantro

1 lime, cut into wedges

1. Cook the noodles according to the package instructions. Drain and set aside.

2. Meanwhile in a large saucepan, combine the soy sauce, brown rice syrup, lime juice, garlic, and ¼ cup water. Bring to a boil over medium heat. Stir in the Asian mixed vegetables and cook until crisp-tender, about 5 minutes.

3. Add the cooked noodles and mung bean sprouts and toss to coat. Cook until heated through, about 2 minutes.

4. Garnish the noodles with the green onions, chopped peanuts, cilantro, and lime wedges. Serve.